# Why kids should play judo

UNESCO declared Judo to be the best initial training sport for children and young people 4-21 yrs old ([World Judo Federation 15 Mar 2015](https://www.facebook.com/World.Judo.Federation/posts/unesco-have-declared-judo-as-the-best-initial-training-sport-for-children-and-yo/905585219463624/))

“A comprehensive physical education, enhancing, through knowledge of the sport, all psychomotor possibilities (spatial location, perspective, ambidexterity, laterality, throwing, pushing, crawling, jumping, rolling, falling, independent joint coordination of both hands and feet, etc.) and relationship with others, using play and fight like element integrator-dynamic and introducing technical and tactical sport initiation of shape adapted; in addition to seeking a general, ideal fitness.”

## What’s in it for children

1. **Self-defence** Judo teaches you the techniques to defend yourself, but also the way to think about defending yourself, while developing your reflexes, fitness and confidence
2. **Measuring progress** Judo uses a system of Colored belts to indicate the knowledge and skill levels of players, giving kids goals to work towards and a means of measuring progress
3. **Self-confidence** Through practice children become more self-assured and confident both on the judo mat (tatami) in the dojo (judo hall) but also in life
4. **Exercise** A judo class starts with warm up followed by practice in pairs both throws and groundwork. Workouts develop muscles and cardiovascular system as well as coordination
5. **Individual achievement** No child gets left on the bench in judo and its goal is the lifelong pursuit of individual perfection
6. **Discipline** Repetition of drills alone, or in pairs, teaches children both patience and the benefits of frequent practice, helping them to learn and develop, showing respect at all times
7. **Efficiency** Judo works by maximising efficiency, using the opponent's momentum against him/her
8. **Equality** Judo is one of the few sports where both boys and girls of every ethnicity, colour and religion play together in every lesson
9. **Self-control** Instructors teach children that judo should never be used to bully or intimidate others
10. **Competition** teaches humility in victory and dignity in defeat, while respecting their opponent, while allowing them to gauge their progress